

Valley School District #262 Wellness Plan

Mission: Valley School District supports good nutrition, regular physical activity, and overall wellness as part of the total learning environment for its students.

Purpose: To help Valley's students establish lifelong healthy eating and exercise patterns that will help each child reach his or her potential.

A. School Lunch Program

Valley School District will continue to support the USDA guidelines for all meals, including the school breakfast program, which is free to students, and the free/reduced school lunch program.

- The foodservice staff implemented the Nutrakids Nutritional Database for menu planning to ensure nutritional quality.
- During breakfast and lunchtime fresh fruit will be available for students to eat with their lunch and salads will be available as a choice for lunch.
- Salads, soup, and other lowfat foods are provided for the staff. 75% of the staff eat school lunch.
- Recess for the elementary school is scheduled before lunch to alleviate the desire of students to rush through or skip lunch in order to go out to recess.

B. Health Education and Overall Nutrition

Valley School District will equip students with the knowledge and skills necessary in making nutritious and enjoyable food choices to last a lifetime.

- Elementary students, grades 2nd-5th receive health and nutrition education, for thirty minutes, once a week and will work to continue the elementary program by gaining new curriculum. Health is provided for the secondary students during 8th and 10th grade each for one semester.
- Teachers are encouraged to reward their students with healthy treats or non-food items.
- A milk vending machine will be added to Valley Schools for the 2006-2007 school year and will provide flavored milk along with a variety of dairy products.
- Ala carte sales during home room class for the High School will provide healthy options.

- Healthy food choices are available for all parent nights, for example Parent/teacher conferences, Kindergarten registration and Physical Education Night.
- The after school program provides healthy snacks as opposed to junk food.

Physical Education and Physical Activity

Valley School District encourages physical activity for all students, Preschool-12 grades.

- Participation in physical education classes shall be required for all students in Preschool through grade five. Fourth and fifth grades receiving 135 minutes, second and third grades receiving 105 minutes, and preschool, kindergarten, and first grade receiving 90 minutes, all in a two week period (A/B schedule). Valley Elementary will strive to give its students a minimum of 90 minutes per week of structured physical education.
- Valley Middle School requires the students take one semester of physical education each school year. Each class is 45 minutes long, every day.
- Valley High School requires two semesters of physical education to graduate. Each class is 40 minutes long, every day.
- Physical Education classes are working towards meeting the Idaho Physical Education Standards that were adopted by the Idaho Department of Education in 2004.
- The Valley Walking Program is provided for students to participate during recess and free time. Teachers also provide walking time daily for their students and for themselves.
- Teachers will be encouraged to not keep their students from participating in physical education or recess as a form of punishment.
- Extra curricular activities are provided for the grades 7-12, including football, basketball, wrestling, track and field, volleyball, cheerleading and drill team. The Valley Recreation Department provides football, soccer, basketball, volleyball, baseball, softball, tee ball, and wrestling for students in grades Preschool-6th grade.
- A Faculty Fitness Challenge was developed in the winter of 2006 and hopes to continue and improve for the future.
- Physical activities are part of the enrichment classes in the after school program.

The Valley School District wellness committee will meet yearly to address the needs and concerns of school wellness and make the necessary changes to benefit its students and staff. The committee should be made up of parents, teachers, administrators, students, and school lunch program directors.